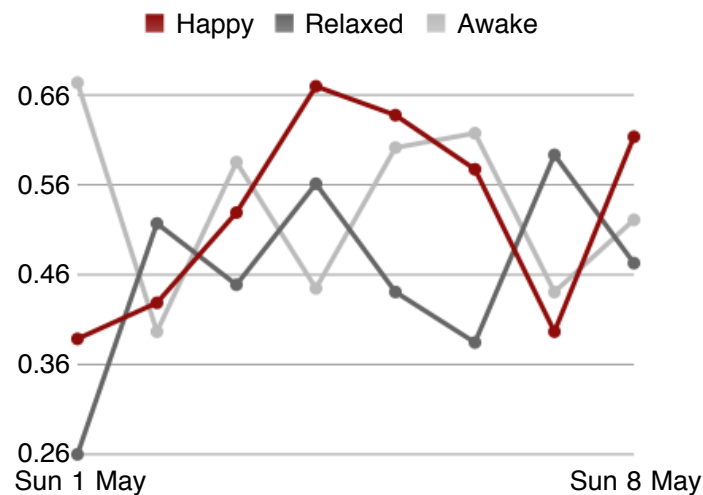


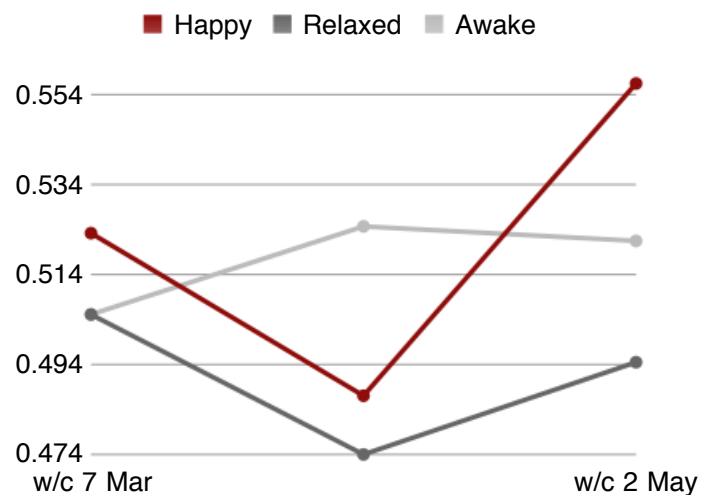
my happiness

How has my happiness varied over time?

This chart plots all reported feelings over 7 days up to your latest response.

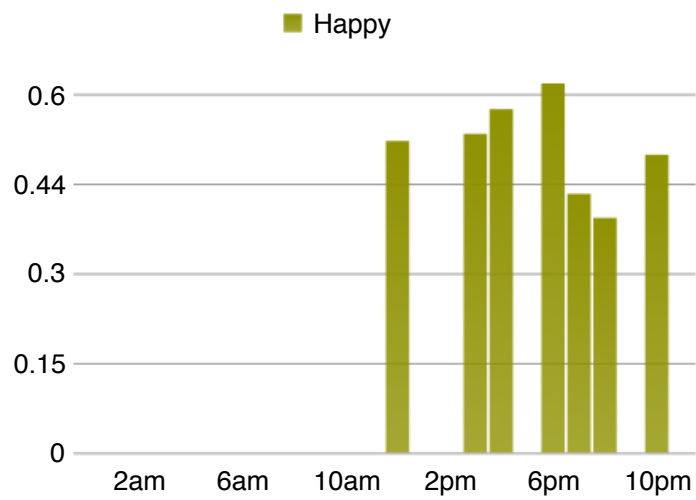
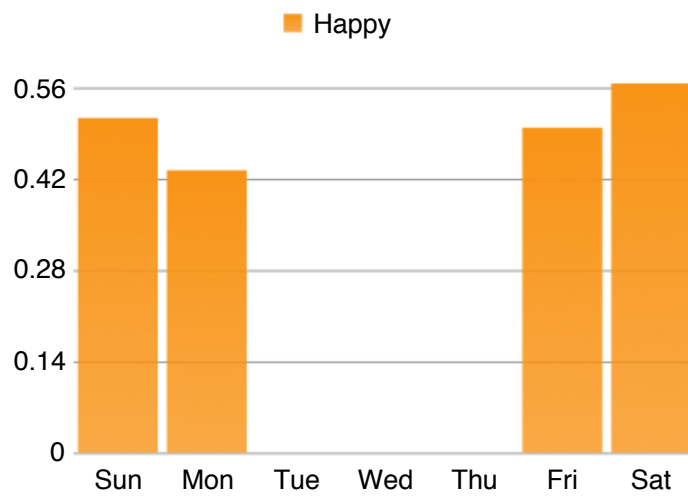


And these are your **weekly averages**, Mon — Sun (omitting 6 weeks with no responses).



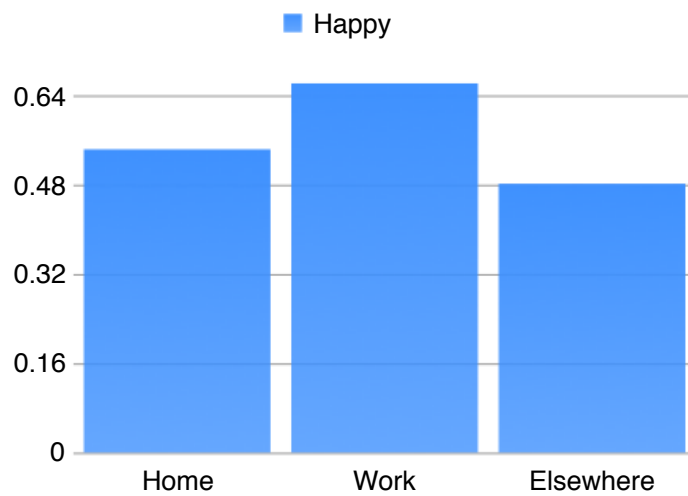
When am I happiest?

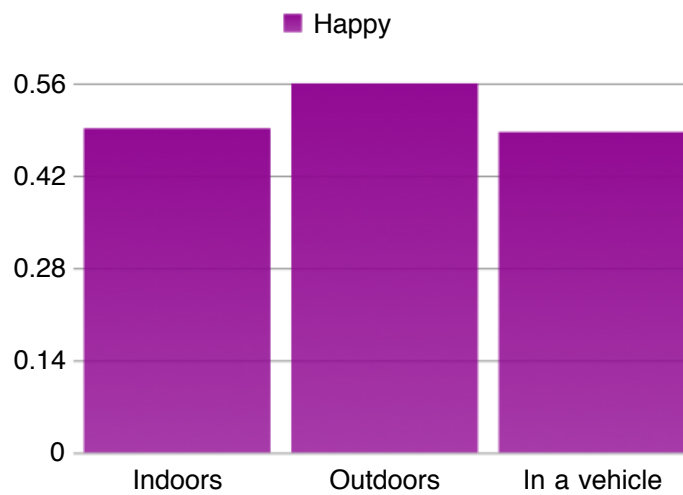
These charts show your average happiness by day of the week and hour of the day.



Where am I happiest?

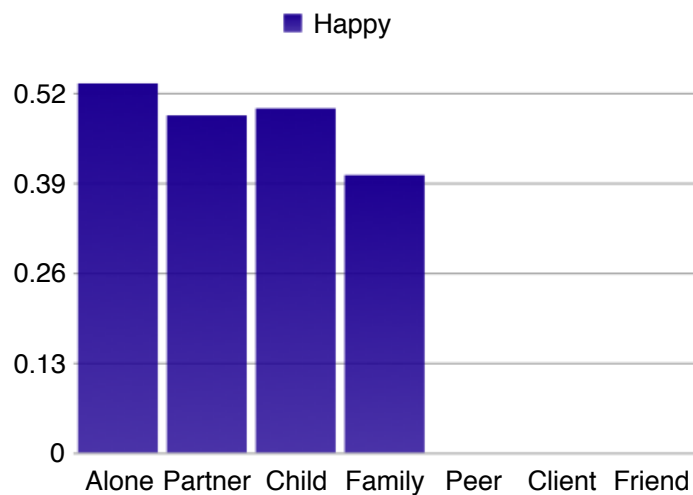
These charts compare your average happiness in different locations.





With whom am I happiest?

This chart compares your average happiness in the company of different people.



What am I happiest doing?

- #1. Singing, performing ×1
- #2. Admin, finances, organising ×4
- #3. Shopping, errands ×1
- #4. Working, studying ×5
- #5. Housework, chores, DIY ×2
- #6. Cooking, preparing food ×4
- #7. Travelling, commuting ×1
- #8. In a meeting, seminar, class ×2
- #9. Gambling, betting ×1
- #10. Washing, dressing, grooming ×1
- #11. Sleeping, resting, relaxing ×1
- #12. Pet care, playing with pets ×1
- #13. Theatre, dance, concert ×1
- #14. Care or help for adults ×1
- #15. Meditating, religious activities ×1
- #16. Reading ×1
- #17. Intimacy, making love ×1

The list is sorted by average happiness reported doing each activity. The numbers in grey (e.g. ×4) show how many reports each average is based on.

Don't take these data too seriously!

- Unless you've answered dozens of times, any apparent differences could just be random variation.
- Nothing is controlled for. So, for example, if you're usually at work when you're with your colleagues, the combined effect of both things will be seen in the data about both of them.